

Mock Sour Cream

Makes: 10 servings

Ingredients

1 cup cottage cheese, low-fat or non-fat

2 tablespoons skim milk

1 tablespoon lemon juice

Directions

1. Combine all in the blender and blend until smooth.

Source: North Dakota State University Extension Service, Creative Commons

| Nutrition Information | |
|-----------------------------|--------|
| Nutrients | Amount |
| Calories | 20 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 95 mg |
| Total Carbohydrate | 1 g |
| Dietary Fiber | 0 g |
| Total Sugars | 1 g |
| Added Sugars included | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |
| N/A - data is not available | |